

# The marathon!

## A personal journey



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# Fears and anxieties



# Aim and Objective



- ✦ To share my Doctoral research journey experiences so far and to discuss what's to come:
  - Doctoral tract
  - Doctor of professional Practice (DProf)
  - Vivas
- ✦ To provide advice and support through the narrative to those currently on a Doctoral journey; those about to begin and those thinking about it!

# The starting line



- 🎯 The shot has just been fired and you have set out on one of the biggest challenges of your life
- 🎯 Up ahead The great title of Doctor awaits you
- 🎯 After a level start as a master of science the journey quickly gets tough

# The learning curve



- ✦ A series of steps and personal changes take you up to and through the next steps of learning - These are uneven and should be negotiated with care, it would be a pity to leave the marathon so quickly!
- ✦ Enjoy the learning as you climb the steep mountain ahead

# Half way there



- ✦ As you reach a plateau on the mountain a sign states: 'Entrance to Doctoral level' – now we are getting down to serious business!
- ✦ Right after the entrance sign is the start of several sequences of the many, many steps that you will traverse – either running or walking! Please note that going downhill on these steps is dangerous!

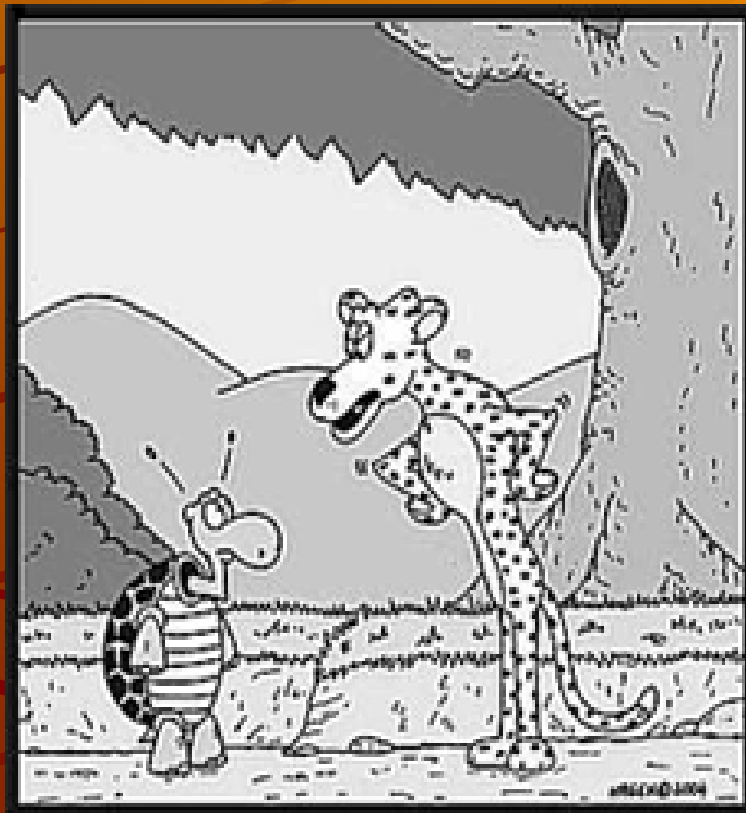


# Endurance



- ✦ Do not change your speed, even if you feel pressed by people passing by you on the first leg of the journey
- ✦ You may be the one passing many of them later on, as they will pay for starting out at too fast a pace. Instead, concentrate on coming through this stretch and arriving safely!

# Challenges



I've heard that you've beaten the Hare,  
so I've come to challenge you...

- ✦ Even though the route is swept, there is still a risk of stumbling over loose pebbles so watch out - but be sure to also enjoy the personal challenges and development of self as you go along
- ✦ You will begin to see the finishing line, so there is something to look forward to



# The last stretch



- ✦ Keep your own pace, and do not worry about the daredevils who decide to race downhill. If your descent is giving you trouble, if you lose your rhythm or your eyes play a trick on you – then step aside, take a break, enjoy the view, and then get back to work again
- ✦ You are now on the Square where the finishing line is located but the ordeal is not over yet

# The finish line?



Enjoy your personal triumph when crossing the remaining meters towards the finish line. Enjoy the applause - you deserve it! Should it happen that your finishing time is a bit longer than what you expected, you will surely find comfort in having overcome the challenge of finishing

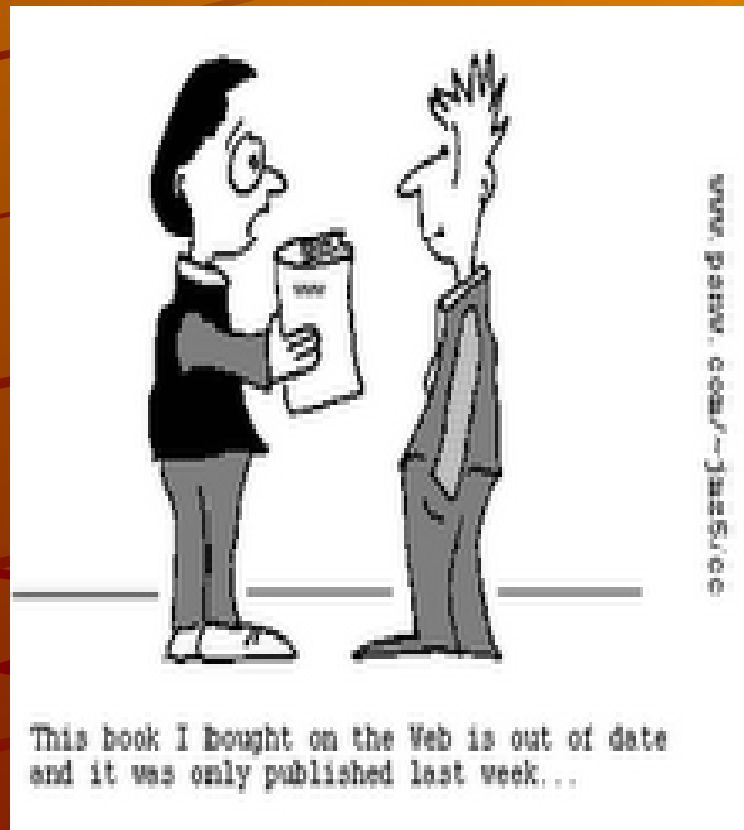
# Post Doctoral Journey



Maybe you will grieve that a major stage of your life is over, or perhaps you will mourn the important people who are not alive to witness your triumph, or maybe you'll confront the gap between the dissertation you've actually written and the one you imagined you would write ... Every major life change destroys the equilibrium of our lives and our self-image and leaves behind a portion of an old self

(Bolker 1998: 127-8)

# Just the beginning!



Dissemination of research through:

- ✦ Dissertation
- ✦ Presentations
- ✦ Publications
- ✦ Transference of knowledge to colleagues / practice partners and students



Thank you for  
listening

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